



# FRED Talks + Guests

A Discourse Community for people curious about all things LEADERSHIP.

New Episodes Released Every Sunday at 3 pm.  
**ON DEMAND** at [www.LeaderLabs.com/FredTalks](http://www.LeaderLabs.com/FredTalks)

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## WELCOME

Thank you for joining Dr. Fred Garmon and LeaderLabs for **FRED**Talks + Guests.

**FRED**Talks + Guests is a leadership development online talk show presenting relevant and practical leadership content through **FRED**Talks and *interviews* with prominent leaders. Fred's goal is to address the **“where has this stuff been”** subject matter needed by faith-based and non-profit leaders—as Paul wrote to Titus, for **“setting in order the things that are lacking.”**

## TONIGHT'S SPEAKER:

**Fred Garmon, Ph.D.** A University level lecturer and instructor— Fred integrates over 3 decades of practical ministry experience as a local church Pastor with years of academic preparation in the field of Leadership Studies and more than a decade of international ministry in Southeast Asia.

## TOPIC

### SELF CARE IN TIMES OF CRISIS

## EPISODE NOTES

Discourse Community = *A group of people communicating with one another with common goals and interests.*

### The Oxygen Mask Principle

Airline Stewardess tell us to put your oxygen mask on first in the case that they drop from the roof of the passenger area. It's really a principle that applies to much of life and leadership. You've got to take care of yourself before you can take care of anyone else. You can't help anyone if your own life is a mess.

### We must do the work of Spiritual, physical, and Psychological Preparation with *Intentionality*

It is important to tend your own spiritual, psychological, and mental hygiene.

### Focus on the Positive

See the glass half-full. When life gives you lemons, make lemonade. It's about discipline with your attitude.

### We are in a Forced Retreat

COVID-19 caused *most of us* to shelter in place. Go into a place of self-quarantine.

The glass half-full paradigm presents us with an opportunity to slow-down, reflect, and think.

### We need to take a Lesson in Solidarity and Compassion

We must be responsible and be mindful of our actions so as to not spread the virus unknowingly.

### **Don't become like the Shoe Maker's Kids**

Meaning? Often those closest to a person does not benefit from the expertise of that person. And we must be sure to take our own advice. LeaderLabs Principle = *Leadership development begins with Self-Development.*

### **TIPS and LIFE HACKS DURING CRISIS:**

- #1. Be a source of calmness for your loved ones and followers.
- #2. Start healthy habits. You're modeling the way – serving as an example.
- #3. Do some yard work.
- #4. Add something to your normal ***routine*** that will positively impact your mood.
- #5. Get up and get moving. Give your eyes a break from the screens. Get ready for each day in the morning just as if you were going to get out.
- #6. Declutter everything. Set in order, organize, clean-up, declutter. Your surroundings impact your mood.
- #7. Take breaks from the news media. "Breaking news is everywhere." Keep informed but don't become fixated with.
- #8. Schedule life-giving and soothing activities into your day.
- #9. Increase your self-awareness and resist the tendency to compare yourself to others.
- #10. Find what works for you. You are unique.
- #11. Contact a family member, friend, or colleague you haven't talked to in a while.
- #12. Plant a garden and/or redesign your landscaping.
- #13. Create a vision board; Visually display important things, values, dreams, goals.
- #14. Misc. ideas that might work for you.

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### **HOW TO CONTACT DR. FRED**

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